



Division of Developmental Disabilities

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**E l i m i n a t e
A c r o n y m s**



On-line News

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Correction – The article *New Transition Agreement* regarding the intergovernmental agreement between the Arizona Early Intervention Program (AZEIP) and the Arizona Department of Education that appeared in the November – December 2004 Issue of this publication is incorrect. There are errors in the timelines and in identifying the author's employer. The Arizona Early Intervention Program employs the author, Carol Wegley. Please access the full text of the new Transition Agreement at www.azdes.gov/azeip.

Reflections from a Different Journey

Book Review

By Cathy Putze, Division Personnel Specialist

Reflections from a Different Journey, edited by Stanley D. Klein, Ph.D. and John D. Kemp and published by McGraw-Hill in April 2004, includes 40 inspiring and realistic essays written by successful adult role models who share what it is like to have grown up with a disability.

Included in the compilation is an essay entitled "What's A Mother to Do" written by Cathy Putze, who is currently employed with the Division as a Personnel Specialist. This article highlights milestones in overcoming barriers due to cerebral palsy.

Cathy writes, "Mom, how you feel about me is so important. How you feel about the disabilities I have, is even more important."

This article, as well as the others, portrays the heart of people to be connected to each other as well as connected to their community. As we learn more about people with disabilities, we can better partner with them to support them to achieve their dreams.



The retail price of the book is \$18.95, but can be purchased for \$15.00 plus \$4.00 postage and handling from www.DisABILITIESBOOKS.com

**Division of Developmental
Disabilities**

**¿ESPAÑOL
SOLAMENTE?**

¿Usted o alguien a quien usted conoce lee solamente español? Llame al 602-542-0419 o 866-229-5553 para que le incluyan en la lista de personas que reciben la traducción al español de este boletín. Gracias.

www.azdes.gov/ddd
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Flu – What is it?

Submitted by Louette Coulson, RN, Health Care Services Administrator. Condensed from information provided by The Arizona Department of Health Services

Is it a Cold or the Flu? Although the symptoms are similar, they are milder in the common cold because different viruses cause colds and the flu (influenza). The flu is a contagious infection of the lungs, throat and nose caused by the influenza virus. A high fever and extreme fatigue and muscle aches lasting 3 to 4 days are characteristic. Other symptoms include, headache, cough, runny nose, sore throat and some times nausea, vomiting and diarrhea. In Arizona, flu season usually runs from October until March.

How do I get the flu? The influenza virus is spread through small droplets during coughing, talking or sneezing. The virus can enter the body when a healthy person touches something such as a contaminated doorknob or used tissue and then touches his/her mouth or nose. Illness can start from one to four days later.

When am I contagious? People can spread the flu before they know they are sick. A person is usually contagious from 1 day before to 7 days after becoming ill.

Can there be complications with the flu? Some people are at high risk for serious flu complications. These include older people, young children, pregnant women and people with certain health conditions.

Can I be vaccinated against the flu? Although a vaccine is the best way to prevent the flu, this year the nation is experiencing a shortage. The vaccine is saved for people who need it most.

How can I prevent the Flu?

- ❖ **Wash hands often!**
- ❖ Avoid close contact with sick people.
- ❖ **Stay home** and away from others when you are ill (and keep children home if they are ill).
- ❖ Cover mouth and nose (with tissue or upper sleeve) when sneezing and/or coughing.
- ❖ Avoid touching your eyes, nose and mouth.
- ❖ Keep your immune system strong! Get plenty of sleep and regular physical activity, manage your stress, drink water and eat health food.

Who can I contact if I have more questions?

- ❖ Your local health department
- ❖ Arizona Department of Health Services
 - www.azdhs.gov/flu
 - Influenza Hotline at 602-364-4500 or 800-314-9243
 - Office of Infectious Disease Service, Epidemiology Section at 602-364-3676
- ❖ Community Information and Referral
 - 602-263-8856 or 800-352-3792
 - www.cir.org
- ❖ Centers for Disease Control
 - www.cdc.gov/flu

